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### Abstract

A coenzyme Q<sub>10</sub> and ceramide-containing preliposome, and pharmaceutical preparations and cosmetics containing the same. The preliposome can further comprise other lipid components. A granular and lyophilized solid-preparation is produced by lyophilization or spray drying. Then, the coenzyme Q<sub>10</sub>-containing proliposome is obtained by adding water in the said solid-preparation and shaking. Transdermal absorption of coenzyme is improved together with the effect of coenzyme Q<sub>10</sub> in cosmetics and the stability of coenzyme Q<sub>10</sub> and liposome, which facilitate the formulation of cosmetics.